



Frequently Asked Questions Treatment for Alcohol and Other Drug Use Disorders

What is treatment for drug use disorders?

Alcohol and other drug use disorders, which may be both psychological and/or physiological, often occur on an escalating continuum that begins with drug use, progresses to drug abuse, and culminates with drug dependence (also known as chemical dependency).

Treatment for drug use disorders may consist of individual counseling, group counseling, education, and pharmacological agents. The treatment process identifies and changes destructive behavior, and restores health to individuals, their families, and communities. This involves restoring appropriate levels of physical, psychological and/or social functioning.

Is there financial help to pay for treatment?

Yes – funding for treatment is available now to Medicaid-eligible patients. Funding for recovery services such as housing and transportation is also available.

To find out more about state-funded treatment and referrals to treatment agencies, contact the **Alcohol and Drug Help Line** at (206) 722-4222 (in Seattle area) or Toll Free (Washington only) at 1-800-562-1240.

What is the goal of treatment?

The goal of treatment is for patients to stop using alcohol and other drugs so they can start leading a healthier, more productive life. Drug dependency is often a relapsing disease. Like many other illnesses, repeated episodes of treatment may be needed, over an extended period of time, in order to manage the disease.

Even without immediate abstinence, treatment often helps people make significant progress. Patients can gain new insights, attitudes and behaviors. Illness and death rates are reduced, as are psychiatric, medical, and/or legal problems. Treatment can reduce the need for social services, and reduces or stops domestic violence, child abuse and neglect. Youth do better in school and are less likely to be involved in crime.

What is the chemical dependency treatment continuum of care?

A Chemical Dependency Professional (CDP) does an assessment and recommends the appropriate level of treatment. This is based on how ill a patient is, and whether his/her social setting supports recovery. The continuum of care includes activities designed to engage and connect people with recovery services through outreach, screening in healthcare or other settings, and case management.

The treatment continuum of care reflects a patient's different needs. No single treatment is appropriate for all patients. They may require different types of services during the various stages of their recovery, such as:

- **Detoxification services:** assists patients with withdrawal from alcohol or other drugs. While detoxification is not treatment, it is often a necessary precursor to the therapeutic process. It is viewed as both an individual ***and*** public health and safety service.
- **Intensive Inpatient treatment:** provides a concentrated program in a residential environment. It includes individual and group counseling, education, and activities for patients who have been detoxified, and their families.
- **Long-term residential treatment** provides limited personal care services, counseling, and education. It is appropriate for people chronically impaired by alcohol or other drugs, and who need help with self-care and personal guidance to maintain abstinence and good health.
- **Recovery house** provides limited personal care and treatment, with social, vocational, and recreational activities, to assist a patient's adjustment to abstinence and prevent relapse. It assists with job training, employment, or other types of community activities.
- **Intensive outpatient and outpatient treatment** provides counseling services and education. Some patients receive only outpatient treatment. Others are referred to outpatient treatment after receiving more intensive residential services. Opiate substitution treatment (methadone) is a form of outpatient treatment provided to those addicted to heroin and other opiates. Relapse prevention strategies remain a primary focus of counseling.

Treatment Works!
1-800-562-1240